Letter from the Training Coordinator

Dear Potential Applicants:

Thank you for your interest in the Post-Doctoral Psychology Fellowship at UNCW. We are delighted you are considering our Counseling Center for this important aspect of your professional training. In this letter, I would like to highlight some of the engaging components of our Fellowship.

To assist in the transition from doctoral training to post-doctoral training, we offer a two-week orientation to the Fellowship and UNCW’s Counseling Center staff and procedures. Throughout the year, the Fellowship provides a wide range of opportunities for supervised training in a variety of clinical areas within the domains of both individual and group counseling. We also firmly believe in the significance of prevention and encourage many opportunities to cultivate program development and outreach skills. When reviewing our website, you will find a sample weekly schedule that incorporates a healthy balance among direct clinical services, supervision, and professional development/training activities. In response to the increased focus on mindfulness practices, we have formalized a training opportunity for the Fellowship year that includes a structured training and experiential program. This program includes didactic and experiential activities related to our In-Harmony initiative (i.e. mindfulness, meditation, progressive relaxation, etc.)

An integral and unique aspect of our Fellowship is our focus on working within a university counseling center from a student affairs perspective. We find it vital that clinicians who are interested in working in a university counseling center setting have knowledge regarding our profession’s history and how counseling centers fit within the larger higher education system. Throughout the Fellowship year, we encourage opportunities to foster identity development as a psychologist as well as a student affairs professional.

Additionally, Wilmington is an affordable place to live with beautiful parks, golf courses, art galleries, museums, river-walk, great restaurants, fishing, festivals, and film event year-round, and only a few miles from the beach.

After reviewing the description of our Fellowship, we hope you feel excited and energized by the opportunity to be a part of our next cohort. I would like to encourage your application for the Fellowship! Feel free to e-mail me with any questions you may have.

I look forward to hearing from you, Dr. LuAnn Helms.
Purpose

The purpose of this program is to assist new professionals in the transition from the doctoral internship to licensure. The Counseling Center seeks to support individuals and the university counseling profession by providing a high-quality training program that fosters new professionals' identity development as emerging psychologists and student affairs professionals. The Center values collaboration, innovation, attention to pluralism and appropriate developmental progress in working with students. Post-doctoral fellows are expected to reflect these values in the services provided through the Center. The Training Program is built on those values and provides opportunities for the new professional to further advance clinical, outreach, consultation, crisis management and administrative skills.

Goals

The goals of the fellowship program are to help new professionals:

- Build on existing skills and develop new competencies for professional practice of psychology in a university counseling center.
- Continue developing a professional identity and further define a professional approach and therapeutic style.
- Understand the purpose and function of university counseling center staff members as student affairs professionals.
- Prepare to make the transition from trainee to professional staff member.
- Achieve professional licensure.

Counseling Center professional staff members will work with the Fellow to provide the necessary support, challenge, and expertise to achieve these goals.

Training Model

The UNCW Post-Doctoral Psychology Fellowship program is grounded on a Practitioner-Mentorship Training Model. This model is firmly based on the importance of relational connection for meaningful professional development. The Fellowship has been designed to provide a collaborative work environment within which the Fellows can develop as psychologists and student affairs professionals. To that end, senior staff provide clinical and professional role modeling, opportunities to collaborate in outreach and program development, and an inclusive and respectful culture that values Fellows' contributions to the UNCW campus community. To foster formal mentorships, Fellows participate in primary and secondary individual supervision and group supervision. All supervision experiences encourage relationships that promote strengthening clinical skills and continued professional identity development.

Role and Responsibilities

Training

The Fellowship offers supervised training and experience in the typical service areas of a university counseling center including individual, couples, and group psychotherapy; outreach and preventative programing; crisis intervention; consultation and training; and administrative duties. Through a variety of seminars, apprenticeships, and mentoring relationships provided by
professional staff members representing a variety of theoretical perspectives, the Fellow will
develop skills and competencies necessary to practice as a counseling center psychologist. The
Fellow is expected to take part in staff meetings, case consultation, and professional development
activities. The Fellow is required to make a formal case presentation once a semester. The Fellow
will participate in regularly scheduled seminars addressing clinical issues, outreach, consultation,
and special concerns or issues related to work in a university counseling center in student affairs.

Sample Seminar Topics:

- Interpersonal Process Therapy
- Working with Athletes/Performers
- Developing a Student Affairs Professional Identity
- Diversity Dialogue: Power and Privilege
- Introduction to DBT Skills
- Schema Therapy
- College Career Development Theory
- Student Affairs Division Meetings
- Collegiate Experience of Trauma
- Heart Math Therapy
- Eating Disorders Treatment
- Threat assessment
- Self-compassion Interventions
- Trauma/Compassion-Informed Outreach

Clinical Responsibilities

The Fellowship offers supervised training and delivery in all service areas of the Counseling
Center. As a trainee, the Fellow is expected to engage in clinical responsibilities consistent with the
role of a psychologist practicing in a university counseling center. The Fellows responsibilities will
include:

- Managing a regular caseload of individual clients
- Facilitating or co-facilitating potentially one group per semester
- Engaging in initial assessments and triage
- Engaging in after-hours on-call duties; assisting with on-call coverage during University
  breaks (as needed)

Outreach and Consultation

The Counseling Center strives to support the broader University community by providing
psychoeducational and preventative outreach programs and through consultation with staff and
faculty members. The Fellow is expected to take part in outreach programs as follows:

- Engage in a minimum of eight direct service Outreach opportunities each semester during
  both fall and spring and two during summer for a minimum of 18 outreach experiences with
  a minimum of two after-hours outreach experiences. These outreach experiences will
  include:
    - Presenting on at least three topics (e.g., stress management, self-management, anxiety
      programming, assisting with QPR Suicide Gatekeeper training, and Center services).
Engaging in at least two other types of outreach experiences (e.g., facilitating discussions, attend tabling events).

Designing and implementing a minimum of two new outreach programs during the Fellowship year. Fellows are encouraged to consider the needs of another Student Affairs department of the Fellow's choice for one of these programs and the needs of a specific population within the University (men's issues, students of color, LGBT etc.) for the second program.

Consultation Project

In addition, the Fellow will complete a consultation project that reflects an interest area for the Fellow and serves a need for the Counseling Center. The project will be developed with and approved by the Training Director or may be developed with another member of the Center Training staff with final approval by the Training Director.

The In Harmony Initiative Training

The In Harmony training goals:

1. Introducing the post-doctoral fellows to In Harmony programs and initiatives
2. Provide training and support to the Fellows based on their level of experience
3. Create a safe and supportive environment for Fellows to learn In Harmony practices
4. Increase Fellows confidence and competency to incorporate In Harmony practices into their work
5. Prepare Fellows to lead or co-lead (with other fellow) the spring BREATHE program and other In Harmony programs that meet the Fellows training goals/objectives.
6. Prepare Fellows to independently facilitate group meditation sessions in the spring semester.

The initial training schedule includes three seminars in the fall semester

Seminar 1: Introduction to the BREATHE mindfulness-based stress reduction program
Seminar 2: Emotional Freedom Technique (EFT)
Seminar 3: Facilitating Meditation

To promote further experiential opportunities, the Fellows will actively participate in the center’s In Harmony programs. This includes:

**Fall semester**
- Attend all In Harmony seminars presented by the In Harmony Coordinator
- Attend & participate in (3) meditation sessions facilitated by CC staff
- Co-present the BREATHE program with the In Harmony coordinator

**Spring semester**
- Attend additional seminars offered by the In Harmony Coordinator
- Independently facilitate at least (3) meditation sessions
- Independently facilitate (or co-facilitate with other fellow) the BREATHE program
- Facilitate outreach programs on In Harmony topics

Professional Development

Fellows are expected to fully participate in the Professional Development programs scheduled for the clinical staff. In addition, each Fellow is allowed two hours per week, during times when the
Center is less busy, to study for licensure exams (EPPP, state exams, etc.) and other professional licensure exams as indicated. During the summer semester, Fellows often have the availability to allocate 4-6 hrs/week for EPPP preparation.

Opportunities to attend or present at professional conferences and workshops may be available depending on available staff resources and the Fellows' work demands. The Professional Development stipend of $300 may be used for workshop or conference registration fees or travel expenses, books, or other professional development materials as authorized by the Training Director or Center Administrators.

**Supervision**

Supervision will be provided as follows:

- Individual supervision of clinical and crisis intervention work, 2 hours, weekly
- Individual supervision of a specialization/focus area selected by the Fellow that aligns with one of the Center's service areas or a clinical interest area of a professional staff member, 1 hour, weekly
- Group supervision of training, 1 hour weekly
- Supervision of outreach/prevention program design and implementation, as needed for outreach participation

**Sample Weekly Schedule**

<table>
<thead>
<tr>
<th>Service</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual and Couples Counseling</td>
<td>16</td>
</tr>
<tr>
<td>Group Counseling</td>
<td>1.5</td>
</tr>
<tr>
<td>Initial Consultations</td>
<td>4</td>
</tr>
<tr>
<td>Outreach Consultations/Presentations</td>
<td>1</td>
</tr>
<tr>
<td>Crisis/Consult Walk-in Hours</td>
<td>4</td>
</tr>
</tbody>
</table>

**Professional Development**

<table>
<thead>
<tr>
<th>ProfessionalDevelopment</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seminar/Training</td>
<td>2.5</td>
</tr>
<tr>
<td>Group Supervision</td>
<td>1</td>
</tr>
<tr>
<td>Individual Supervision</td>
<td>3</td>
</tr>
</tbody>
</table>

**Administration**

<table>
<thead>
<tr>
<th>Administration</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff Meeting</td>
<td>1</td>
</tr>
<tr>
<td>Case Notes, Additional Paperwork</td>
<td>4</td>
</tr>
<tr>
<td>EPPP Study, Research, etc.</td>
<td>2</td>
</tr>
</tbody>
</table>

In addition to their clinical and training responsibilities, postdoctoral Fellows typically find time for research, EPPP study, and professional reading. Postdoctoral Fellows will likely carry heavier caseloads during peak periods of the fall and spring semesters. Please note that this is a sample schedule and does not necessarily represent an actual weekly schedule.
Employment & Compensation

Training Period: August 2022 to August 2021 - full-time. To foster a smooth transition between Fellowship Cohorts, five of the accumulated vacation days must be reserved to cover the last week of the Fellowship.

Compensation: $35,568 salary and $300 stipend for professional development

Benefits: Health insurance, vacation and sick leave (8 hours of vacation and 8 hours of sick accumulated/month), and staff amenities including, free access to the campus recreation center, access to the University library, additional campus facilities, and programs.

(Note: vacation and sick leave time may depend on the Fellow's licensure requirements.)

Application Procedure

Go to https://jobs.uncw.edu and complete application.

Names and contact information for three reference are required. Reference letters are not required. If you are scheduled for an interview, Dr. Helms will call your references.

You do not need to send transcripts and/or program completion statements to Dr. Helms until she requests them.

Postdoctoral Fellows

2020-2021
Winley K., Psy.D. Clinical Psychology/Illinois School of Professional Psychology

2019-2020
Ross Johnston, Psy.D. Clinical Psychology/Nova Southeastern University

2018-2019
Sonaly Silva, Psy.D. Clinical Psychology/Chicago School of Professional Psychology

2017-2018
Adisa Haznadar, Psy.D. Clinical Psychology/Springfield College
Lindsay Donofrio, Psy.D. Clinical Psychology/Chatham University

2016-2017
Lindy Lotz, Psy.D. Clinical Psychology/Nova Southeastern University

2015-2016
Alicia Brown, Ph.D. Counseling Psychology/University of Georgia
Jamie Grisham, Psy.D. Clinical Psychology/Virginia Consortium

2014-2015
Laura Finkelstein, Ph.D. Counseling Psychology/University of Denver
Fatima Wasim, Ph.D. Counseling Psychology/Oklahoma State University

2013-2014
Amanda Poundstone, Psy.D. in Clinical Psychology/Midwestern University
Cynthia Powell, Psy.D. in Clinical Psychology/Immaculata University
The Counseling Center

In support of the educational goals of the University and the Division of Student Affairs, the Counseling Center provides a range of psychological, counseling, and preventative services that are consistent with the timeless developmental practices of an accredited university counseling center to facilitate the academic and personal success of UNCW students. Services include individual and group counseling; outreach and training; consultation; crisis intervention; and referral services.

The Counseling Center is staffed by 9 full-time, licensed professionals who come from a variety of training backgrounds including psychology, counseling and social work. The staff members are generalists and have various interest areas that contribute to the overall mission of the Center. Staff members provide services for an array of issues typically associated with college student life and also provide appropriate referrals for those concerns that are best addressed by more intensive or specialized care. Staff members also serve the university as consultants, as liaisons to different university constituents and as members of division and university committees.

UNC Wilmington and the Region

UNC Wilmington is one of 17 constituent institutions of the University of North Carolina system and is the only costal university in the North Carolina system. UNCW is a well-regarded teaching and research university with a student population of over 16,000 undergraduate and graduate students engaged in a variety of majors.

Located on the Southeastern North Carolina coast, the campus is approximately 5 miles from the Atlantic Ocean and within reasonable driving distance of the mountains. Wilmington and the Cape Fear region is home to a thriving arts and film community offering a variety of leisure and recreational options.

Contact us:

For questions or additional information about the Fellowship contact:

LuAnn Helms, Ph.D.  helmsl@uncw.edu

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